



Grilled Mediterranean Chicken (or Tofu) and Grape Skewers



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup tablespoons extra virgin olive oil divided
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 2 cloves garlic fresh minced
- ☐ 1.8 cups california grapes green seedless
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest

- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.5 teaspoon chili flakes red crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless pressed cut into 3/4-inch cubes [can alternately use extra-firm, tofu or tempeh cut into cubes]

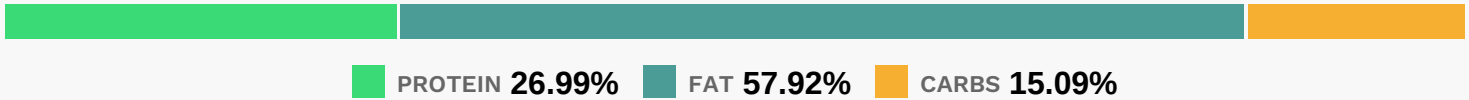
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ In small bowl, whisk the 1/4 cup of olive oil, garlic, chili flakes, oregano, rosemary and lemon zest. Alternately thread the chicken pieces and grapes onto 12 skewers (if using wooden skewers, make sure they have been adequately soaked).
- ☐ Place the skewers into a baking dish or pan large enough to hold them, and pour the marinade over top, making sure to generously coating each skewer.
- ☐ Let the skewers marinate for 4 to 24 hours.
- ☐ Remove skewers from marinade and let excess oil drip off. Season the skewers with the salt. Grill until the chicken is cooked through, about 3 to 5 minutes on each side. Arrange the skewers on a serving platter and drizzle with the remaining 2 tablespoons of olive oil and the lemon juice.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:3.59, Inflammation Score:-7, Nutrition Score:10.303043479505%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 242.7kcal (12.13%), Fat: 15.79g (24.29%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 8.34g (3.03%), Sugar: 6.96g (7.73%), Cholesterol: 48.38mg (16.13%), Sodium: 285.88mg (12.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.11%), Vitamin B3: 8.04mg (40.2%), Selenium: 24.45µg (34.93%), Vitamin B6: 0.63mg (31.58%), Vitamin K: 20.18µg (19.22%), Phosphorus: 171.29mg (17.13%), Vitamin E: 2.42mg (16.11%), Vitamin B5: 1.12mg (11.21%), Potassium: 387.11mg (11.06%), Vitamin B2: 0.11mg (6.74%), Magnesium: 26mg (6.5%), Vitamin B1: 0.08mg (5.57%), Manganese: 0.11mg (5.39%), Vitamin C: 4.12mg (4.99%), Iron: 0.9mg (4.98%), Copper: 0.09mg (4.41%), Fiber: 0.92g (3.68%), Zinc: 0.52mg (3.44%), Calcium: 25.76mg (2.58%), Vitamin B12: 0.15µg (2.52%), Vitamin A: 125.49IU (2.51%), Folate: 6.86µg (1.72%)